Independent Living Syllabus

Family & Consumer Sciences Department

Elissa Herman

Elissa.Herman@K12.SD.US

www.HermanFCS.wikispaces.com

2 Semester Course

No-Prerequisite

9-10th Grade

Based on the latest statistics, more than 7.2 million people are employed in human

services occupations. Faster than average employment growth, coupled with turnover,

should create numerous employment opportunities (taken from States’ Career Cluster

Initiative). This course prepares individuals for employment in career pathways related

to family and human needs and develops skills to enhance human potential in future

living.

**Course Description:** Preparation for living on your own! This course includes an overview of all the skills to make good decisions about a healthy lifestyle. These include relating to others (relationships), applying financial literacy, using leadership skills to reach individual goals, planning for careers, consumer choices and incorporating FCCLA into the curriculum.

**1st Semester:**

1. Class Introductions
   1. Syllabus
   2. Classroom management
2. FCCLA (Family, Career, and Community Leaders of America)
   1. Step One
   2. Illustrated Talks
3. Personal
   1. Personality
   2. Values
   3. Goals
   4. Leadership skill
   5. Communication skills
   6. Self Concept/Self Esteem
   7. Decision Making
4. Interpersonal Relationships
   1. Friendship
   2. Family
   3. Dating
   4. Media/Community

**2nd Semester:**

1. Personal Finance
   1. Wants vs. Needs
   2. Budgeting
   3. Accounts (checking, savings, credit)
   4. Insurance
   5. Taxes
2. Wellness
   1. Fitness
   2. Dietary Needs
3. Careers
   1. Career Clusters
   2. Job Skills
   3. Job Interviewing
   4. Post Secondary

|  |  |
| --- | --- |
| Task/Competency Statement | National Standards |
| Identify the meaning of work and the meaning of family | 1.1.1>1.1.2 >6.1.2>6.1.4 |
| Compare how families affect work life and how work life affects family | 1.1.1>1.1.2>1.1.4>1.1.5 |
| Identify management for balancing work and family roles | 1.1.6>2.1.1 |
| Describe caring, respectful, and responsible relationships | 6.1.5>6.2.3>13.1.1>13.3.1 |
| Explain the benefits of establishing and maintaining healthy relationships | 6.1.5>6.2.3>6.2.5>13.1.1>13.1.3>  13.1.4>13.3.1 |
| Analyze ways in which social, economic, and technological changes impact work and family dynamics | 1.1.2 |
| Communicate individual feelings, needs, and ideas in family, social and workplace settings | 1.2.3>13.1.1>13.1.3>13.1.4>13.3.1>  13.3.2>13.3.7 |
| Identify conflict-resolution alternatives | 13.4.4>13.4.5>13.4.6>13.5.7 |
| Demonstrate conflict resolution management | 13.4.1>13.4.2>13.4.3>13.4.6>13.4.5 |
| Identify personal values | 1.15>1.3.1>2.1.2 |
| Establish short term and long term personal goals | 1.15>1.3.1>2.1.2 |
| Research career options | 1.1.1>1.2.2>1.2.23>7.1.3>7.1.5 |
| Compare career paths | 3.1.1-3.1.6>4.1.1>4.1.2>4.1.6 |
| Develop a budget or spending plan for personal money management | 2.1.1-2.1.8>2.4.1-2.4.3>3.3.1-3.3.8 |
| Indentify procedures for opening and managing account in financial institution | 2.3.2>2.1..3>2.5.3>2.6.1>2.6.4>  3.3.1>3.3.3-3.3.5 |
| Analyze the role of food in society | 2.1.3>14.4.1 |
| Demonstrate food safety and sanitation procedures | 2.1.3>9.2.1>14.4.1 |